

Shifting Your Mindset: Effective Strategies for Shaping Your Child's Behavior

Points to Remember

Functions of Behavior

- Sensory: the behavior fills a sensory need and/or is calming to the central nervous system
- Escape/avoidance: the individual is attempting to evade a non-preferred task or environment
- Attention: the individual seeks notice from adults, peers, etc.
- Tangible: the individual's behavior seeks access to a specific object

ABES

- Antecedent: What occurred immediately before the behavior occurred?
- Behavior: What occurred? Behavior should "moo" (e.g. measureable, objective and observable)
- Consequence: What occurred immediately after the behavior occurred?
- Setting Events: Things that happen well before the behavior occurs can influence the child and his/her conduct (e.g. child is feeling sick, didn't sleep well, missed the bus, etc.).

Antecedent Interventions

- Alter/Enrich the Environment
- Implement Pre-Activity Interventions
- Change How Instructions Are Delivered
- Use Choice Making
- Kinesthetic Activities

Replacement Behaviors

These must be taught or already in the student's repertoire. For example, instead of a child screaming when they want something, provide a picture card or visual choice for him/her to present for the item.

Differential Reinforcement

Replacement behaviors should be reinforced when they are observed. Reinforcement can be verbal, visual and/or tangible.

Consistent Consequences

If you want behavior to change you need to be consistent with appropriate and realistic consequences for inappropriate behavior. Natural and logical consequences work best.

Resources for Parents

Center for Parent Information and Resources- <http://www.parentcenterhub.org/repository/behavior-at-home/>

Child Mind Institute- <https://childmind.org/article/managing-problem-behavior-at-home/>

PACER Center for Families of Children with Disabilities- <http://www.pacer.org/cmh/>

Social Autopsies-

[http://www.idonline.org/article/Social Skill Autopsies%3A A Strategy to Promote and Develop Social Competencies](http://www.idonline.org/article/Social%20Skill%20Autopsies%3A%20A%20Strategy%20to%20Promote%20and%20Develop%20Social%20Competencies)

Social Stories- <http://carolgraysocialstories.com/social-stories/>